

# **12-WEEK PHYSICAL EDUCATION PROGRAM**

## **Week #1] Introduction To Physical Education Program**

- \* **Monday**
  - ✓ Class Expectations & Rules
- \* **Tuesday**
  - ✓ Locker Assignment / Class Expectations & Rules
- \* **Wednesday**
  - ✓ Cooperative Activities
- \* **Thursday**
  - ✓ Cooperative Activities

## **Week #2] Introduction To Physical Education Program**

- \* **Monday**
  - ✓ Cooperative Activities
- \* **Tuesday**
  - ✓ Cooperative Activities
- \* **Wednesday**
  - ✓ Cooperative Activities
- \* **Thursday**
  - ✓ Cooperative Activities

## **Week #3] Introduction To Indoor & Outdoor Gym Use**

- \* **Monday**
  - ✓ GOOD DAY!
- \* **Tuesday**
  - ✓ Dribble - Reduced Space Size/ Alley Cats
- \* **Wednesday**
  - ✓ Dribble - Reduced Space Size/ Alley Cats
- \* **Thursday**
  - ✓ 2 Headed Monster / Denver Basketball

## **Week #4] "Black Top" Sports Unit**

- \* **Monday**
  - ✓ Criss Cross/ 4 Square Games
- \* **Tuesday**
  - ✓ Tetherball
- \* **Wednesday**
  - ✓ 600 Yard Run Pre-test
- \* **Thursday**
  - ✓ Interval Running / Relay Game

### **Week #5] Frisbee Week**

- \* **Monday**
  - ✓ Choo-Choo train /Frisbee Target Games
- \* **Tuesday**
  - ✓ Ultimate Frisbee
- \* **Wednesday**
  - ✓ Frisbee Golf
- \* **Thursday**
  - ✓ Frisbee Golf

### **Week #6] Soccer Unit**

- \* **Monday**
  - ✓ Passing Skills & Activities
- \* **Tuesday**
  - ✓ Shooting Skills / **600 Timed Run**
- \* **Wednesday**
  - ✓ Trapping Skills / Heading Skills
- \* **Thursday**
  - ✓ Soccer Game

### **Week #7] Volleyball Skills Unit**

- \* **Monday**
  - ✓ Introduction To Volleyball Skills Games
- \* **Tuesday**
  - ✓ Volleyball Skills & Stations
- \* **Wednesday**
  - ✓ Volleyball Skills & Stations
- \* **Thursday**
  - ✓ Volleyball Skills & Stations

### **Week #8] Volleyball Games**

- \* **Monday**
  - ✓ Volleyball Games
- \* **Tuesday**
  - ✓ Volleyball Games
- \* **Wednesday**
  - ✓ Volleyball Games / 600 Timed Run
- \* **Thursday**
  - ✓ Volleyball Games

### **Week #9] Volleyball Tournament**

- \* **Monday**
  - ✓ Volleyball
- \* **Tuesday**
  - ✓ Volleyball
- \* **Wednesday**
  - ✓ Volleyball
- \* **Thursday**
  - ✓ Volleyball

### **Week #10] Mass Games**

- \* **Monday**
  - ✓ Mass Basketball
- \* **Tuesday**
  - ✓ Mass Basketball
- \* **Wednesday**
  - ✓ Mass Soccer
- \* **Thursday**
  - ✓ Mass Soccer

### **Week #11] Jazzercise**

- \* **Monday**
  - ✓ Volleyball Tournament
- \* **Tuesday**
  - ✓ Volleyball Tournament
- \* **Wednesday**
  - ✓ Mass Basketball
- \* **Thursday**
  - ✓ Mass Basketball

### **Week #12] Stilt / Circuit & Fitness Stations**

- \* **Monday**
  - ✓ Introduction To Stilts Skills
- \* **Tuesday**
  - ✓ Circuit Training
- \* **Wednesday**
  - ✓ Fitness Stations / 600 Timed Run
- \* **Thursday**
  - ✓ Fitness Stations